Guide to Town Senior Services

Senior Activities Center 203-222-2608—main number

Wendy Petty Director extension 2608

Pam Wilson Program Coordinator extension 2508

Carla Jegen Asst. Program Coordinator extension 2509

Social Services

Charlene Chiang-Hillman Director Suzanne Friedman Administrative Asst. 203-222-2663

Town Hall

Tom Landry
Town Administrator
Randi Derene
Selectman's Secretary
203-222-2656

Dial-A-Ride

Gordon Green (24 Hr Notice Required) 203-222-2576

Center Hours:

M, T, & Th: 9:00am-3:00pm W: 9am-11am (Senior Center) 12pm Lunch at Norfield Church Parish Hall F: 9am-12pm



This symbol means the event is sponsored by the Friends of the Weston Senior Activities Center.

WESTON SENIOR ACTIVITIES CENTER

November/December 2014



Hello!

We welcome Carla Jegen to our senior center staff! Carla has joined us part time and will be here on Tuesdays and Fridays to assist with programs, activities and trips. Carla has been a long time volunteer at our senior center and now we are happy to announce that she has accepted the part time position with us. Please give her a warm welcome!

As we write this newsletter, the painters are working hard on the new expanded space. We are thrilled to offer you 3 more beautiful rooms for your classes, lectures, movies and exercise classes. We will also have the ability to order lunch for you to be delivered to our cafe. This expansion will bring a wider array of options for your entertainment at the center. As soon as we have a firm finish date we will let you know of our Grand Opening party details. Please continue to check in on any closures throughout the month as we work our way through the remodel.

In the meantime, we have planned lots of fun activities for you including Tap Dancing, Cooking for 1 or 2, Community Outreach Wreath Making, Ping Pong, First Lady Facts and many more. You will also have the ability to order lunch and eat at the center with your friends on Thursdays- more on that inside...

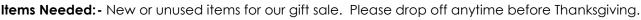
We have so many holiday programs planned, please join us! Our second major fundraiser will be in December for our annual "Re-Gift Sale". We really need your gifts. If you have any new gifts that you want to donate, we will take them! Come and shop with us, enjoy baked goods made by our Weston Girl Scouts while we wrap your gifts.

Finally, thank you to everyone who helped with our Alden Sherman Classic car show. We appreciate your continued support. All of the proceeds directly benefit the Weston Senior Center. We look forward to offering more great trips, programs and events in the future.

Enjoy the holidays and thank you for your support.

Wendy, Pam and Carla

Gift Sale



- K-Cup Coffee Pods

Volunteers: - Looking for a Tuesday volunteer to run movies from 1:00-3:00pm.

Closures: - November 11, 26-28, December 25-January 2nd. Re-open Monday, January 5th.



Painting Class with Keith Brooks "Art with Friends"



Mondays @ 1:00-3:00pm at the Senior Center All levels are welcome, come and join fellow artists. Call for more details and to sign up! (203) 222-2608

Impressionists Lecture with Keith Brooks

1:00pm-3:00pm at the Senior Center

Monday, November 10th

"Back by popular demand is the second in the series of programs on

'Monet and the Impressionists'.

In what has been called 'the other French Revolution', Monet, Renoir, Degas, Pissarro and Morisot defied conventions, and sparked scandal, with violent canvases of explosive color and movement.

The program which is filled with images of the Impressionists' earliest work.

A video of about fifty minutes will feature these painters' struggles to gain acceptance. A short discussion will follow the video.

This is free, sign up is required. Refreshments will be served.

Artist Exhibit in December



Alison Wachstein

Master photographer, Alison Wachstein has been well known in this region for her exquisitely crafted portraits of families and children. Her keen eye and deft control of flattering lighting and natural posing allow her to create memorable heirloom portraits capturing everyone at their best. She finds that her degree in psychology, her love of children and photography, and her role as a parent have helped her immeasurably in working with children and people of all ages. She is famous for her sensitive portrayal of her subjects and her ability to capture their fleeting expressions and special moments.

Her photographs are in many private collections as well as the permanent collection at the International Center of Photography in NYC. Her book, <u>Pregnant Moments</u>, published by Morgan & Morgan was highly regarded in both the childbirth and photography communities.

Stop by the Senior Center in December to see her work!

Games Games!



Poker on Tuesdays

We play every Tuesday at noon. Everyone is welcome

Bridge on Thursdays

First bridge group full. Looking for players for second group. Please call the Senior Center if interested.

Canasta on Fridays

We have moved our Canasta class to Friday mornings at 10:00am. Come and join us! We have different levels of play so there is room for everyone!

We are open on Fridays!!!

Join us on Friday mornings for Bagels and Coffee.

Take a yoga class with Melania, play canasta or ping pong, or just stop in to toast a bagel and relax.

We have other things planned on Friday mornings- stop in and say hello.



Exercise Classes!

Tap Dancing with Sandy



Mondays @ 10:00-10:45am (50+ welcome) SC Gym Must sign up for series \$35 for 7 classes. Wear Tap Shoes, call for details (203) 222-2608. See page 3 for details.

Dance to the Music with Sandy

Mondays @ 11:00 am (50+ welcome) SC Gym \$3/class

Feldenkrais— Mondays @ 10 (see page 6 for details)

Pickleball

Mondays @ 12:15pm at the Senior Center—drop in

Strength & Fitness with Sandy

Tuesdays & Thursdays @ 11 am \$3/class drop in (SC Gym)

Tai Chi for Better Balance with Bill Wren

Thursdays 9:15am—sign up required. (SC Gym)

Tai Chi with Mari Lewis

Tuesdays 9:30am—sign up required. (SC Gym)

Wii Bowling with Anne

Thursdays @ 10 am Free (Senior Center)

Yoga with Melania

Fridays @ 9 am \$3/class—drop in (SC Gym)

Gentle Yoga with Joy

Wednesdays @ 10 am \$3/class—drop in (SC Cafe)

Interested in Tennis? Call Four Seasons Racquet Club for lessons with Glen Englander (203) 762-2423.

Tech Workshop At the High School—DATE TBD



Are you having problems using your IPAD or Cell Phone? Do you have questions about using email, downloading a photo, or general questions on using a computer? We have the answers. Call for our next schedule date. (203) 222-2608.

Movies 12:30pm on Thursdays. Free with popcorn Sign Up Required, Space Is Limited (203) 222-2608



11/6: Million Dollar Arm: PG- A sports agent stages an unconventional recruitment strategy to get talented Indian cricket players to play Major League Baseball. Jon Hamm and Aasif Mandiv.

11/13: Frontera: PG-13:A former Arizona sheriff's wife is killed while riding on their ranch property. It would appear a Mexican man illegally crossing into the US is at fault. As the former and the current sheriff search for answers, lives are changed forever. Ed Harris and Eva Longoria.

11/20: A Most Wanted Man: R: A Chechen Muslim illegally immigrates to Hamburg, where he gets caught in the international war on terror. Philip Seymour Hoffman, Rachel McAdams

12/4: And So It Goes: PG-13: A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the grand-daughter he never knew existed until his estranged son drops her off at his home. Michael Douglas and Diane Keaton.

12/11: The Hundred Foot Journey: PG: The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery. Helen Mirren and Om Puri

Movies 1:00 on Tuesdays. Free with popcorn

As part of our new renovations, we will have a new movie room!

November and December: Downton Abbey Series 1 and 2 See calendar for episodes.

Have you missed the early seasons? Get caught up on the series.



NEW!! Tap Dancing Class Taught by Sandy Adamcyk



Mondays 10:00-10:45am In the Senior Center Gym.

Series of 7 classes for \$35.00. November 10, 17, 24 December 1, 8, 15, 22 Anyone over the age of 50 is welcome. Please bring tap shoes. If you do not have any, they can be purchased at Payless Shoes for \$26.99 or online at www.dancewearsolutions.com/shoes/tap.



Brain Games and Lunch

Sponsored by Wilton Meadows.

11:30am-1:00pm—Lunch and "Brain Games"
November 20th at the Senior Center

This is free, sign up is required (203) 222-2608.



Lunch and Learn Series & Wellness Presentations

Monday, November 10th -11:30am—1:00pm Talking to your Doctor

Sponsored by Visiting Nurse and Hospice and presented by Melody Matheny-Orpen RN.

In this workshop, you will learn how to take a more proactive role in your healthcare. The discussion will focus on communication tips for getting the most out of the short amount of time you have with your doctor during a medical appointment. The workshop will be conducted by Melody Matheny-Orpen, RN, who is the Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County.

Thursday, November 13th 12:00pm-1:30pm First Lady Facts

Presented by Theresa Obert. Before Michelle, Laura and Hilary, there were more than 40 First Ladies and each has a story of her own. You learned about the U.S. Presidents in school, now explore the women behind them. Did you know that some of the first ladies were not the president's wives? Find out the facts. Learn about the personal lives of these women of varied backgrounds. No supplies, homework, tests or grades.

Sign up required. \$3.00 lunch included.

Monday, November 17th—11:30am-1:00pm Coping with Stress

Sponsored by Visiting Nurse and Hospice
The workshop will be conducted by Amy Bauer who is a Licensed Clinical Social Worker with Visiting Nurse & Hospice of Fairfield County. She will offer quick, practical tips for coping with stress. With a little planning and some positive thinking, you can find peace and joy during the holiday season.

Sign up Required. Free, lunch included.



Wednesday, Nov. 12th—11:30am-12:00pm Emergency Preparedness Presentation

Presented by Westport Weston Health: Special Guest, Eagle Scout Candidate Andrew Zych presenting his emergency backpacks, Nursing students presenting their emergency preparedness facts on Weston. Sign up required. Stay for lunch or just attend the presentation.

(203) 222-2608 (this presentation will be at Norfield)

Monday, November 24th—1:00pm-2:00pm Cooking Delicious Meals for One or Two

Presented by Pam Wilson and Shirin Danishmend Are you in a cooking rut? Tired of making the same old things for yourself? Shirin and Pam will walk you through how to prepare a weeks worth of delicious, healthy meals. You will be served a yummy lunch while you get inspired to cook new and easy recipes. At the end of the session you will receive a folder with 7 recipes.

Sign up Required. Cost is \$3.00, lunch included.

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November 2014

Mon	Tue	Wed	Thu	Fri
3 9:15am Commission on Aging Meeting 10am Knitting 10am Medicare (by appointment) 11am Dancing 12:15pm Pickleball 1:00pm Art Class	4 No Tai Chi Today 10am Cards w/Carla 11 Strength& Fitness 12 Poker w/Stella 1pm Movie Series Downton Abbey season 1, episode 1,2	5 10am Yoga 12 Lunch at Norfield Sponsored by Norfield Bingo	9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 12:30pm Movie	9am Yoga – Senior Center 10:00am Canasta 10:30am WWI Histor- ical Society Tour 10:30 Ping Pong Bagels today
10 10am Tap Dancing 10am Knitting 10am Medicare 10am Feldenkrais 11am Dancing 12:15pm Pickleball 11:30 Lunch & Learn Talking to your Doc 1:00pm Impressionist	Senior Center Closed	12 10am Yoga 11:30am Emergency Preparedness Presentation at Norfield before lunch. 12 Lunch at Norfield Hosted by St. Francis Entertainment by GCleph	9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 12pm Lunch and Learn First Ladies Facts 12:30 Movie Frontera	9am Yoga 10:00am Canasta 10:30am Ping Pong 11am Brunch at the BlueBird Café – meet there. Bagels today
17 10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Current Events 11am Dancing 11:30 Lunch and Learn Coping w/Stress 12:15pm Pickleball	9:30am Tai Chi 9:30am Christmas Tree Shop and Lunch 11am Strength& Fitness 12pm Poker w/Stella 1pm Movie Series Downton Abbey season 1, episode 3,4	19 10am Yoga 12 Lunch at Norfield Hosted by Emmanuel Entertainment by <i>Billy Michael</i> Thanksgiving Luncheon	9:15am Tai Chi 10am Wii Bowling 10:30am Bridge 11 Strength & Fitness 11:30am Brain Games and Lunch 12:30 Movie A Most Wanted Man	9am Yoga 10am Canasta 10am Community Outreach Centerpiece Making 10:30am Ping Pong Bagels today
10am Knitting 10am Tap Dancing 10am Medicare 10am Feldenkrais 11am Dancing 12:15pm Pickleball 1:00pm Art Class 1:00pm Cooking for One or Two.	9:30am Tai Chi 10am Cards w/Carla 11Strength & Fitness 12pm Poker w/Richard 1pm Movie Series Downton Abbey season 1, episode 5,6	Senior Center Closed	Senior Center Closed	Senior Center Closed

December 2014

Mon	Tue	Wed	Thu	Fri
1 HOLIDAY SALE 10-3 9:15-10am Commission 10am Feldenkrais 10am Medicare 10am Knitting 10am Tap Dancing 11am Dancing 12:15pm Pickleball 1:00pm Art Class	2 HOLIDAY SALE 10-3 9:30am Tai Chi 10am Cards w/ Carla 11am Strength & Fitness 12 Poker W/Stella 1pm Movie Series Downton Abbey season 1/2, episode 7,1	HOLIDAY SALE 9-11 10am Yoga 12pm Lunch at Norfield Sponsored by Norfield Bingo	9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11amStrength & Fitness 12:00pm Community Lunch 12:30pm Movie	5 HOLIDAY SALE 9-12 50% off today 9am Yoga 9:30am Poinsettia Centerpiece Class 10:00am Canasta 10:30am Ping Pong
10am Knitting 10am Tap Dancing 10am Feldenkrais 11am Current Events 11am Dancing 12:15pm Pickleball 1:00pm Art Class	9:30am Tai Chi 10am Beading w/Carla 11am Strength & Fitness 12 Poker W/Richard 1pm Movie Series Downton Abbey Season 2 Episode 2,3	10am Yoga 10am Holiday Brunch @ Norfield Sponsored by St. Francis 11:30am Radio City Trip Departure from Norfield	9:15am Tai Chi 10am Wii Bowling 10:30 Bridge 11amStrength & Fitness 12:00pm Community Lunch 12:30pm Movie The Hundred Foot Journey	9am Yoga 10am Cards w/Carla 10:00am Canasta 10:30am Ping Pong 12pm Holiday Lunch and Ornament Exchange at Cobbs Mill Sign up required.
10am Knitting 10am Medicare 10am Feldenkrais 10am Tap Dancing 11am Dancing 12:15pm Pickleball 1:00pm Art Class	Happy Hanukkah 9:30am Tai Chi 10am Danbury Museum and Craft Fair 11 Strength & Fitness 12 Poker W/Stella 1pm Movie Series Downton Abbey Season 2 Episode 4,5	ukkah 10 V	9:15am Tai Chi 11amStrength & Fitness 11:30-1:30 Holiday Party At the Senior Center	9am Yoga 10:00am Canasta 10:30am Ping Pong 11:30am Hanukkah Celebration
10am Knitting 10am Feldenkrais 10am Tap Dancing 11am Dancing 12:15pm Pickleball 1:00pm Art Class	9:30am Tai Chi 10am Cards w/Carla 11 Strength & Fitness 12pm Poker W/Richard 1pm Movie Series Downton Abbey season 2 Episode 6,7	Senior Center Closed	Merry Christmas Senior Center Closed	Senior Center Closed
Senior Center Closed	Senior Center Closed	Senior Center Closed		We will reopen Monday, January 5th Happy Holidays!

Medicare Open Enrollment October 15 –December 7

REVIEW YOUR COVERAGE!

The annual open enrollment period for Medicare Part D and Advantage Plan for 2015 coverage is October 15, 2014 through December 7, 2014. It is a good idea to review your coverage yearly at this time with a CHOICES counselor to be sure that you are getting the coverage you want at the best reasonable cost. Changes in coverage and without penalty can be made in Open Enrollment.

There are 27 plans being offered for 2015 Medicare Part D. There are new insurance plans to Connecticut, changed formularies and premium changes. One program has a premium of \$15.60 per month. Is it right for you? Make an appointment through the Weston Senior Center or you may call SWCAA (Southwest Connecticut Agency on Aging) directly to speak with a CHOICES counselor. Your medications including precise name (properly spelled), dosage and frequency of use will be reviewed on the Medicare.gov website and the Medicare D insurance plans that are the most suitable will be presented to you in order of price effectiveness. Some seniors change Medicare D suppliers yearly to meet their current medication requirements and at the best prices offered.

During Open Enrollment there will be availability for half hour appointments from 10:00 - 12:30 every Monday in November,-- 3, 10. 17 and 24 – as well as Monday, December 1. YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER at (203) 222 - 2608. NO WALK-INS. If times or dates are not convenient for you simply contact a CHOICES counselor at 1(800) 994 - 9422.

CHOICES presents information for you to consider when making decisions about Medicare issues. If you are considering a change of Medicare provider especially an Advantage program be sure your doctors, labs for blood work and the hospital of your choice accept that insurance plan. Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at anytime. Telephone the doctors, labs & hospitals to be sure they accept the insurance that you are considering before you enroll. Remember any Medicare resource can drop out of any plan any time during the year.

Please book appointments as soon as possible and early in the open enrollment period – couples book two appointments. There may not be time available when booking later, which could mean scrambling for, help and answers. See you at the center!

Meta Schroeter CHOICES Counselor

Community Lunch

Starting Thursdays in December @ noon. Must reserve by Wednesday prior to lunch.

We now will be able to serve you lunch at you center! Choose between a build your own sandwich, build your own salad or a soup, sandwich and fruit combo. Just call us in the morning the day before and we will order it for you. All for \$4.00.

(203) 222-2608.

Weston Public Library Presents:

Nov. 11 at 11:45am	New Yorker Roundtable
Nov. 13 at 10:30am	Book Group: Secret History by Tartt
Nov. 16 at 3:00pm	International Culture Spotlight: Korean Spirit and Culture
	featuring 2 short films, a talk, and Korean refreshments
Nov. 18 at 11:45am	New Yorker Roundtable
Nov. 19 at 12:00pm	International Culture Spotlight Lunch and Learn:
	Nigeria featuring local author Catherine
	Onyemelukwe
	who will discuss current events in Nige-
	ria including the recent kidnapping of
	the Chibok school girls
Nov. 19 at 7:00pm	Movie Night: Maleficent (PG)
Nov. 19 at 7:30pm	Book Group: Ocean at the End of the
	Lane by Gaiman
Nov. 25 at 11:45am	New Yorker Roundtable
Dec. 9 at 11:45am	New Yorker Roundtable
Dec. 11 at 10:30am	Book Group: Empty Mansions by
	Dedman (Weston author!)
Dec. 16 at 11:45am	New Yorker Roundtable
Dec. 17 at 7:00pm	Movie Night: Hundred-Foot Journey
December	Loose Threads Holiday Quilt Show

Gift Sale December 1st—5th At the Senior Center



Start your holiday shopping! Join us for delicious baked goods from the Girl Scouts as you shop for gifts.

Complimentary gift wrapping!

Commission Meetings 9:15am

Monday, November 3rd and December 1st

Board Members:
Helen de Keijzer, Chair
Peggy Anderson
Bruce Lorentzen
Nina Daniel
Laura Smits

Donald Gumaer

Feldenkrais—Want to Move Like You Used To?

Discover the Feldenkrais Method and a More Flexible, Powerful You!

Mondays at 10am—sign up required. \$5.00 per class.

Whether you have pain or stiffness due to arthritis, injury, stress, surgery, or just sitting too long, these six gentle lessons will help you feel better, work better, and enjoy your life again. You will learn how it feels to:

stand and sit with ease and comfort relax your back muscles

relax your back muscles
use your pelvis to support your spine
open your chest for better breathing
improve your balance in standing and walking
align your head, neck and shoulders more comfortably.

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Holiday Brunch at Norfield

Wednesday, December 10th 10am-11:30am at Norfield Parish Hall.

Before the Radio City trip. Everyone is welcome to brunch. The cost is \$4.00 and hosted by St. Francis volunteers.

Cobbs Mill Holiday Luncheon and Ornament Exchange

Friday, December 12th at 12:00pm

Meet at Cobbs Mill (12 Old Mill Road). Sign up required for reservations (203) 222-2608. There will be a pre fix lunch with a choice of soup or salad, entrée, dessert, coffee or tea. \$15.00 plus tax and tip.

Please bring a wrapped ornament for the grab bag!

Sign up by 12/5 so we can give a head count to the restaurant.

Cookie Exchange

Wednesday, December 17th! 11am-12pm

Bring 3 dozen cookies to exchange at 10am to Norfield Parish Hall (bring containers to take your cookies home)

RSVP so we know you are coming!!





Holiday Lunch

Wednesday, December 17th at Noon, Entertainment by The Hoot Owls

Our holiday lunch will be hosted by The Friends of the Weston Senior Activities Center Lunch is \$4.00.

RSVP for both the lunch and the exchange!! (203) 222-2608



Fourth Annual Holiday Party

Thursday, December 18th at 11:30am—1:30pm At the Senior Center Sponsored by the Friends of the Weston Senior Activities Center

Come and join us for festive food, live musical entertainment by David Connell with caroling, great friends! Bring a \$5.00 wrapped gift if you would like to exchange presents!

RSVP by December 12th to the Senior Center (203) 222-2608. To help with parking, Gordon will be available to bring you on the bus from the Norfield



Hanukkah Celebration

Friday, December 19th 11:30am-1:00pm at the Senior Center

Join Robin Ronai for potatoes, latkas and dreidel games. Sign up required. This is free. (203) 222-2608. Weston Senior Activities P.O. Box 1007 56 Norfield Road Weston, CT 06883 203-222-2608 www.westonct.gov/ Presort Standard U.S. POSTAGE PAID Permit No. 2 WESTPORT, CT 06880

Crafts and Cards with Carla

Card Making

\$5.00 per class for supplies

Thanksgiving Cards: 11/4 Holiday Cards: 11/25, 12/2, 12/12/, 12/23

Crafts

November 21st 10am—12pm At the Senior Center

Community Outreach Centerpiece Making Come and help us make centerpieces for Weston Social Services Thanksgiving Dinners.

December 5th 9:30am—11:30am At the Senior Center

Create A Poinsettia Wreath for your Home.
This is a fun, easy project made with rolled paper cones.
\$5.00, (Space is limited, sign up required
by November 21st)





Radio City Holiday Christmas Spectacular December 10th—Depart Norfield at 11:30am

This trip is sold out. If you would like to be added to the waiting list, please give us a call (203) 222-2608.

Day Trips and Lunch Outings

Friday, November 7th 10:30am WWI Historical Society Remembrance Exhibit

Meet at the Historical Society in the Exhibit Room. Come and get a private tour of Weston Historical Society's exhibition commemorating the 100th Anniversary of the start of WWI. You will be guided by a personal tour curator. RSPV by 11/3 (203) 222-2608.

Tuesday, November 18th 9:30am departure Christmas Tree Shop and lunch at Olive Garden (The Danbury Location)

Sign up required (203) 222-2608. Space is limited on the bus.

Friday, November 14th Bluebird Café Brunch 11am

Sign up required for reservations, call the senior center (203) 222-2608. We will meet at the BlueBird!

Friday, December 12th Cobbs Mill and Ornament Exchange.

See page 7 for details.

Tuesday, December 16th Danbury Museum Craft Fair Shopping Day 10am Departure from Norfield

Crafters and Artisans from across Connecticut have showcased many unique offerings during this annual museum event, including handmade jewelry, glassworks, photography, wood crafts, stationary, ornaments, centerpieces and much more. Sign up required, space is limited on bus. \$4.00 includes box lunch.